

The Scantic Scribe



AUGUST 2024

HAMPDEN SENIOR CENTER

104 ALLEN STREET

413-566-5588 (phone); 413-566-2103 (fax)

Website: www.hampdenma.gov



FREE WI-FI



Please let us know if you would like to receive this newsletter via email.

Call us with your email address!

HOURS: Monday - Friday 9:00AM-3:00PM

SENIOR CENTER STAFF

Rebecca Moriarty, Executive Director
coa@hampdenma.gov

Wendy Cowles, Outreach Coordinator
outreach@hampdenma.gov

Tina Doran, Administrative Assistant & Volunteer Coordinator
scribe@hampdenma.gov

Diane Marino, Activities Coordinator
activities@hampdenma.gov

Sharon Woodin & Joi Giuggio, Receptionists
receptionist@hampdenma.gov

Rudie Voight, Custodian

COA BOARD MEMBERS

Chair: Deborah Mahoney
Vice Chair: Deanna Vermette
Treasurer: Nancy Willoughby
Secretary: Marty Jacque
Rep to GSSSI: Cheryl Delviscio
Cliff Bombard, Monique Downey, Juanita Markham, Anne-Marie Villamaino

COA BOARD MEETING:

Tuesday, September 10th at 9:00 am
in PERSON or VIA ZOOM
ZOOM Meeting ID: 95866401813
ZOOM Password: 639217

BUILDING COMMITTEE MEETING:

Thursday, August 8th (Hampden Police Dept)
Monday, August 26th at 11:00 am (HSC)
In PERSON or VIA ZOOM
ZOOM Meeting ID: 82653444250
ZOOM Password: 782446

Thank you for your support...

Thanks to those who have donated to the Friends of Hampden Seniors, the Building Fund, and our Senior Center.

We appreciate your support of our essential programs and services.

Greetings!

Welcome to August. We have had some very hot days already this summer, but be prepared for more sun and heat now that we are in August. Stay cool & keep hydrated. The Friends of Hampden Senior Citizens are doing some amazing fundraiser events this month that will benefit the Senior Center Building Fund. The August Pop Up Boutique/Gift shop opens on Monday, August 5th and will be ready for you to shop! See inside for shop dates and times.

The senior center building committee is still hard at work. After the failed votes at town meeting and the town ballot, the committee is looking for ways to decrease the cost of the project and make it more affordable for everyone. Stay tuned for more details. Many thanks to those who continue to donate items to our Personal Needs Closet, every donation makes a difference. Have a great month, Becky.....



Volunteers Needed

The Friends of Hampden Senior Citizens are seeking individuals who are interested in serving on a capital campaign committee to help with fundraising for the senior center building project. If you have an interest or experience with large scale fundraising, your help will be greatly appreciated. For more information or to express your interest, please contact Claudia Kapinos, President, at goldenpup@charter.net. Thank you!



Grab and Go Dinner

Friday, August 30th

pick up is 2:00 pm to 2:30 pm

Enjoy a delicious dinner of a Sausage, Peppers & Onions Grinder, Pasta Salad, and Dessert.

Cost is \$5 per person. Please call 566-5588 starting August 1st to order your dinner.



SAVE THE DATE!

Back by popular demand,



HALF-WAY to ST. PATRICK'S DAY FUNDRAISER

Grab and Go Dinner

Sunday, September 15, Pick-up from 2:00 pm to 2:30 pm

Who says we can only have corned beef once a year?!

Enjoy a Corned Beef and Cabbage dinner, complete with Rye Bread and Dessert.


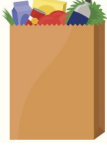
\$12 per meal. Call 566-5588 today to make your reservation.

Stay tuned for more details!

All proceeds from this event will benefit the Senior Center Building Fund.

Outreach Updates

The Outreach Office is your resource center for information on a variety of services, assistance programs, home health care, alternative living options, insurance information, etc. The Outreach Program is partially funded by a grant from the Executive Office of Elder Affairs & Greater Springfield Senior Services. **Contact Wendy at 566-5588 or email outreach@hampdenma.gov for information.**

- SNAP:** **NEW INCOME GUIDELINES:**
1 person household—\$2,510; 2 person household—\$3,407
 Provides a monthly supplement for purchasing nutritious food. Participants must complete an application and meet monthly income guidelines.
 
- Brown Bag:** **INCOME GUIDELINES:**
1 person household—\$2,510; 2 person household—\$3,407
 Free bag of groceries once a month in conjunction with the Food Bank of Western MA. Participants must be 55 or older and meet monthly income guidelines.
PICK-UP TIME is between 12:30—1:30 pm. Next pick-up is: Tuesday, August 20th.

- Registry of Motor Vehicles:** **Beginning May 7th, 2025,** every air traveler 18 years of age and older will need a REAL ID compliant driver's license or ID card, state-issued enhanced driver's license, or another TSA acceptable form of ID at airport security checkpoints for domestic air travel. If you have RMV related questions, or need help with processing RMV applications online, please call Wendy at 566-5588 to make an appointment.



ATTENTION SNAP RECIPIENTS

If you are currently receiving SNAP benefits, you are eligible to receive a pre-packed bag of items from the *Personal Needs Closet*. The bag will include everyday essential items such as toilet paper, paper towels, toothpaste, bars of soap, deodorant, dish soap, laundry detergent and disinfectant wipes. Items in the bag will vary from month to month.

One (1) bag per month per person will be available.

You must bring proof of SNAP benefits/EBT card when you come to pick up your bag.

Bags will be available for pick up on Mondays from 10:00 am - 2:00 pm.

If you are unable to come during this time, please contact Wendy at 566-5588 to schedule an alternate pick up time.



MEMORY CAFÉ - EVERY FRIDAY AT 10:00 AM

The Memory Café is a welcoming place for individuals with memory challenges along with their caregivers, family, or friends, to gather in a safe, supportive and engaging environment. Please call Wendy at 566-5588 if you would like more information about the café.

Sponsored by:

Friends of Hampden Senior Citizens, and private donations.



CAREGIVER SUPPORT GROUP

via ZOOM or PHONE

Tuesday, August 20th at 6:00 pm

Are you caring for a loved one with dementia or other related memory impairments? This support group is a great way to get help. Call Wendy at 566-5588 for information.



D & R Farm Summer Farm Share



D & R FARM is offering fresh produce weekly, **FREE with SNAP/HIP if you qualify!**

If you do not qualify for SNAP/HIP you may purchase a share for \$40 cash per month.

New applications for Summer Farm Share are required.

Contact Wendy if you haven't submitted your application.

Please let us know if you need your shares delivered.

Shares are limited. To sign up, please call Wendy at 566-5588, or email outreach@hampdenma.gov.

PICK-UP Wednesdays, August 7th, 14th, 21st & 28th.



D & R Farm Farmer's Market **Once a month**



Thursdays, August 22nd & September 26th
from 9:00 am to 1:00 pm

Fresh fruits, vegetables, eggs, homemade canned items, breads, cookies and more! SNAP and HIP are accepted.



July/August Puzzle Pacs

Keep your brain healthy and sharp!

Do your best, but have fun with it!
Return your puzzle pack to the Senior Center by **August 30th** for a chance to win.

Drawing will be held on September 3rd.

Congratulations to Diane Melcher, our lucky winner for the May Puzzle Pac, and Richard Delviscio is our winner for June!

Get Help Paying Medicare Costs

What is the Medicare Savings Program?

Medicare Savings Programs (MSP) will pay for some or all of Medicare premiums, deductibles, copayments, and co-insurance. Depending on your income, MSP will pay for your Medicare Part A & B premiums and cost sharing, or Medicare Part B premium, as well as lower your prescription costs. This is not an insurance plan.

Who qualifies?

Medicare Beneficiaries who meet the following limits:

You Are	Your income is at or below
Single	\$2,824 per month
Married	\$3,833 per month
NEW AS OF MARCH 1, 2024: THERE IS NO ASSET LIMIT	

For more information or to apply, contact SHINE Counselor, Becky Moriarty at 566-5588.

PLEASE



HELP US STOCK OUR SHELVES with Dishwashing Liquid!



Thank you to those that donated disinfecting wipes last month. Every month we will target a different item to help fill monthly Personal Needs Bags.

Due to space constraints, please refrain from purchasing warehouse size items.



Meet your Veteran Service Officer Jason Burgener

**Wednesday, August 7th at 9:30 am
at the Hampden Senior Center.**

Coffee and light refreshments will be provided.

**Jason's office hours at the Hampden Townhouse
are Wednesdays, 9:00 am to 4:00 pm.**

Please call Jason directly at 413-640-0540
to schedule an appointment.

Did you know we have...



Chair Massage with Mindy

Tuesdays August 13th, and 27th \$10 for 10 minutes.
Please call 566-5588 for appointment.



Facials with Diane Neill

2nd Thursday of every month.

August 8th by appointment.

Please call 566-5588 for appointment and pricing.



Manicures with Cat

Please call Cat directly at 413-335-7422

for appointment and pricing.

Gift Cards are Available



FREE Blood Pressure Clinic:

Walk in 9:15 am to 10:45am

Tuesdays with Ann Maggio, RN

Thursdays with Karen Blair, RN



Transfer Station Bags

Available at the Hampden Senior Center

Bags are sold in packages of 10

Small Bags (16 gallon) \$15

Large Bags (33 gallon) \$30



Tri-Town Trolley Transportation Services

Operates for Hampden, East Longmeadow, and Longmeadow older adults.

Monday - Friday, 9:00 am - 3:00 pm

Due to scheduled training, NO transportation will be available on Monday, August 19th.

Grocery store trips will only be scheduled on Wednesdays and Thursdays with a 3 bag limit on the van.

A 72 hour notice is required for scheduling rides.

*As soon you schedule a medical appointment, please call **525-5412** to schedule a ride.*

\$2 each way for in-town rides, \$4 each way for out-of-town rides

Please have exact change. Thank you.





Create a Greeting Card with Ellie!

Come and discover endless possibilities for creating your own personal greeting cards.

Meet new friends, and learn new techniques each month.

New Day, New Time

Tuesday, August 6th, 10:00 am to 12:00 pm

Cost is \$3.00 per person. All materials are provided.

Please call 566-5588 to reserve your seat, space is limited.



Living Stronger... Longer...

with Lamar Moore

6-week session

Beginning Tuesday September 17th,

2:15 pm to 3:00 pm

Cost is \$30 paid in full for the 6-week session and receive one free class, or \$6 per class - call ahead for availability.

Please call 566-5588 to reserve your spot. Space is limited.



Learn to Play the Recorder with Sue

Cost is \$3 per class for a half hour lesson, paid to the instructor. Recorders can be purchased for \$10. Please let us know if you need to purchase an instrument when signing up for the class.

Ongoing weekly classes, Mondays, 12:30 pm to 1:00 pm

Please call 566-5588 to reserve your spot and instrument if needed. Space is limited.



Learn to Play the Ukulele with Sue

All existing Ukulele students will meet
Mondays, 1:15 pm to 2:30 pm

Any new Recorder or new Ukulele students, please call the Senior Center and Sue will reach out to you directly.

Cost is \$5 per class, paid to instructor.

**Starting in September, Sue will offer a 10-week session,
September 9th through November 25th**

Cost is \$50 paid in full for the 10-week session and receive two free classes, or \$6 per class - call ahead for availability.



"African Drumming" with Jason

*Is taking a break in August and beginning a new
12-week session, September 6th through November 22nd
Accepting New Students.*

Fridays from 2:15 pm to 3:15 pm

Cost is \$60 paid in full for the 12-week session and receive two free classes, or \$6 per class - call ahead for availability.

Please call 566-5588 to reserve your spot. Space is limited.



Trips with Bobbi

**A minimum of 40 travelers are needed for any trip to run.
Flyers available at the Senior Center/via email.**

Aug 26, Mon - Newport Playhouse; "Nunsense: A Musical"

Delicious buffet lunch, show, and cabaret; \$125pp.

Full payment deadline Aug 7.

Oct 23, Wed - Fall Foliage Trip - American Heritage Museum in Hudson, MA; Lunch at O'Connor's Restaurant in Worcester (menu choice on flyer); Wine Tasting at Hardwick Vineyard & Winery in Hardwick; \$135pp. Full payment deadline October 3.

Nov 11, Mon - Radio City Rockettes Christmas Spectacular

Family-style lunch at Carmine's Restaurant in Times Square; 2:00pm matinee show, orchestra seats in section 103, closest to lobby, concessions & exits; dinner stop on our own; \$263pp.

Full payment deadline October 6.

Dec 11, Wed - The Aqua Turf Club

"Deck the Halls Christmas" with Buddy Holly & Elvis (his 2nd Cousin); Delicious family-style lunch; \$131pp.

Full payment deadline November 20.

Coach seat assigned upon receipt of your \$20 deposit (unless otherwise noted). Please write a separate check for each trip, made payable to: **Bobbi Grant**

Please note trip name on memo line of your check.

**Questions/comments, please call Bobbi at 413-566-8271
or email bobbijg2@charter.net**



Computer Basics for Beginners or those that would like a refresher! with Joe Green

Let's start from the beginning!

Tuesdays, September 10th & 17th

9:30 am to 10:30 am

Please bring your personal device **fully charged**. We will focus on laptops, and pads/tablets. Tablets are available for your use at the Hampden Senior Center, generously donated by Spectrum/Charter Communications.

Sessions are free. Please call 566-5588 to reserve your seat.
Space is limited.



We are looking to get a group of musically inclined people together to start a weekly Jam Session this Fall.

Let us know if you would be interested in joining a group in a casual, laid back, but fun setting to share your talent with good company.

Please call 566-5588 so that we can start a list of anyone who would like to JAM!

Let us know what your musical talent is.



Senior Center Activities

Please call 566-5588, or drop in to sign up for activities. If you have any questions or suggestions for new activities, please call Diane or email her at activities@hampdenma.gov.

ACRYLIC PAINTING with Nan Hurlburt

Thursdays, 10:00am-12:00pm & 12:30pm -2:30pm

\$20/per class, includes materials.

Space is limited. Call to sign up.



BILLIARD ROOM

Mondays, Wednesdays, Fridays: Open Play

Tuesdays, 9:00am-12:00pm: Women's No Rules Play

Thursdays, 9:00am-12:00pm: Men's Play

BINGO Thursdays, 12:30pm-2:30pm, \$.50 cents a card.

BLOOD PRESSURE SCREENING

Tuesdays and Thursdays, 9:15am-10:45am.

BRIDGE Mondays, 9:30am-12:00pm.

New experienced players welcome.



BUNCO Tuesdays, 12:00pm-3:00pm.

New people welcome, will teach.



CARD MAKING with Ellie Tuesday, August 6th

10:00am-12:00pm. Advanced sign up required. \$3.00 per class.

CHAIR MASSAGE

Tuesdays, August 13th & 27th. \$10 for 10 minutes.

Please call for appointment.

COMMON THREADS

Mondays, 1:00pm-2:00pm; Call for more information.

CRIBBAGE - Please call if interested.

DRUMMING - Accepting new students.

Fridays, 2:15pm-3:15pm.

12-week session beginning September 6th—November 22nd.

\$60 for 12-week session, or \$6 per class - call for availability.

FACIALS with Diane Neill Thursday, August 8th.

2nd Thursday of every month. Please call for appt and pricing.

FOOTCARE

On hold until further notice.

FUNCTIONAL FITNESS with Sue Kent

Tuesdays and Thursdays, 12:00pm-1:00pm, \$5 per class.

KNITTING/CROCHETING Mondays, 9:00am-10:30am.

New people welcome, will teach.

MAHJONG Fridays, 10:30am-3:00pm,.

New people welcome, will teach.

MANICURES with Cat by appointment only.

Please call Cat directly at 413-335-7422 for appt. and pricing.

MEMORY CAFÉ Fridays, 10:00am-12:00pm.

MEXICAN TRAIN DOMINOES Thursdays, 12:30pm-3:00pm

MOVIES: Mondays at 12:30pm.

8/5 - The Swimmers, PG-13, Biography/Drama/Sport

8/12 - Megan Leavey, PG-13, Action/Biography/Drama

8/19 - Queenpins, R, Comedy/Crime

8/26 - 13 Going on 30, PG-13, Comedy/Fantasy/Romance



MUSIC CLASSES with Sue McHand Mondays

Recorder: 12:30pm-1:00pm 30 minute class

\$3.00 per class paid to instructor.

Ukulele: 1:15pm-2:30pm - Existing Students

\$5 per class paid to instructor.

New Students 2:30pm-3:00pm - No Experience

Recorder or Ukulele: \$5 per class paid to instructor.

PITCH Wednesdays, Sign up is at 12:00pm.

Play time begins promptly at 12:30pm.

QUILTING Fridays, 9:00am-3:00pm.

New people welcome.

RUMMIKUB Wednesdays, 12:30pm-2:30pm.

New people welcome, will teach.

SENATOR/STATE REP HOUR No office hours for August.

Wednesday, September 25th - 10:30am-11:30am.

4th Wednesday of every month.

TAI CHI with Heather Duncan Mondays, \$5 per class.

No classes on August 5th.

Advanced Session - 9:15am-10:15am.

Beginners Session - 10:30am-11:30am.

TRIVIA Wednesdays, 10:00am.

Always looking for fresh minds!

Lighthearted no rules play.

TRIVIA

WATERCOLORS with Chris Sterritt

New 10-week session starting:

September 11th through November 13th.

Morning Session, 9:30am-12:00pm.

Afternoon Session, 12:30pm-3:00pm.

WEIGHT TRAINING with YMCA

Tuesdays and Thursdays, 9:30am-10:30am.

Save money and purchase a 10-class punch card for \$40

at the Senior Center or pay \$5 per class. Please pay cash,

or make checks payable to: YMCA of Greater Springfield.


YOGA with Sue Kent \$5 per class paid to instructor.

Chair Assist: Tuesdays and Thursdays, 11:00am-12:00pm.

Mat Yoga: Tuesdays and Thursdays, 1:00pm-2:00pm.



The Hampden Senior Center reserves the right to utilize photos or videos of participants for publicity purposes. Participants not wanting their image used must notify the Hampden Senior Center in writing.

Mon	Tue	Wed	Thu	Fri
August Pop Up Boutique Hours: Monday, Tuesday, Wednesday & Friday, 10:00 am to 2:00 pm Thursday 9:00 am to 12:00 pm 			1 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:30 Acrylic Painting 12:30 Bingo 12:30 Mexican Train 1:00 Mat Yoga	2 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch
5 9:00 Knit/Crochet 9:15 Tai Chi - Cancelled 9:30 Bridge 10:30 Tai Chi - Cancelled 12:00 Lunch 12:30 Recorder 12:30 Movie 1:00 Common Threads 1:15 Ukulele 2:30 <i>New Students</i> Recorder or Ukulele	6 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Card Making 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:00 Bunco 1:00 Mat Yoga	7 9:30 Farm Share 9:30 Vets Coffee Hour 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub	8 <u>Facials by Appt</u> 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Bldg Com Mtg 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:30 Acrylic Painting 12:30 Bingo 12:30 Mexican Train 1:00 Mat Yoga	9 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch
12 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 12:00 Lunch 12:30 Recorder 12:30 Movie 1:00 Common Threads 1:15 Ukulele 2:30 <i>New Students</i> Recorder or Ukulele	13 <u>Chair Massage by Appt</u> 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:00 Bunco 1:00 Mat Yoga	14 9:30 Farm Share 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub	15 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:30 Acrylic Painting 12:30 Bingo 12:30 Mexican Train 1:00 Mat Yoga	16 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch
19 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 12:00 Lunch 12:30 Recorder 12:30 Movie 1:00 Common Threads 1:15 Ukulele 2:30 <i>New Students</i> Recorder or Ukulele	20 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:00 Bunco 12:30 Brown Bag 1:00 Mat Yoga 6:00 Zoom Support Group	21 8:30 Collate Scribe 9:30 Farm Share 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub	22 9:00 Men's Billiards 9:00 Farmer's Market 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:30 Acrylic Painting 12:30 Bingo 12:30 Mexican Train 1:00 Mat Yoga	23 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch
26 9:00 Knit/Crochet 9:15 Tai Chi - Adv 9:30 Bridge 10:30 Tai Chi - Beg 11:00 Bldg Com Mtg 12:00 Lunch 12:30 Recorder 12:30 Movie 1:00 Common Threads 1:15 Ukulele 2:30 <i>New Students</i> Recorder or Ukulele	27 <u>Chair Massage by Appt</u> 9:00 Ladies Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:00 Bunco 1:00 Mat Yoga	28 9:30 Farm Share 10:00 Trivia 12:00 Lunch 12:30 Pitch 12:30 Rummikub	29 9:00 Men's Billiards 9:15 Blood Pressure 9:30 Weights w/YMCA 10:00 Acrylic Painting 11:00 Chair Assist Yoga 12:00 Functional Fitness 12:00 Lunch 12:30 Acrylic Painting 12:30 Bingo 12:30 Mexican Train 1:00 Mat Yoga	30 9:00 Quilting 10:00 MEMORY CAFÉ 10:30 Mahjong 12:00 Lunch 2:00 Grab & Go Dinner

Hampden Senior Center
104 Allen Street
Hampden, MA 01036
413-566-5588

August 2024

LUNCH MENU

**Lunch served daily at
12pm. RSVP by 11am
the day before by
calling 566-5588**

Mon	Tue	Wed	Thu	Fri
<p>Key for Symbols: Cal = Total Calories Carb = Total Carbs Na = Total Sodium *Higher Sodium content (>500mg)</p> <p>Total Sodium & Calories include regular dessert, milk (100mg NA) and margarine (15mg Na)</p>	<p>Special concerns regarding sodium, contact the nutritionist at GSSSI by calling 781-8806 x1136.</p> <p>Suggested Donation \$2.00 per meal. Menu subject to change without notice.</p>	<p>You know when you buy a bag of salad & it gets all brown and soggy?</p> <p><i>Cookies don't do that.</i></p>	<p>1 Spaghetti & Meatballs Tossed Salad w/Ranch Garlic Toast Cookies</p> <p>Cal:657 /carb:80 Na:886</p>	<p>2 Ham w/Pineapple Herbed Green Beans Au Gratin Potatoes Whole Wheat Dinner Roll Mandarin Oranges</p> <p>Cal:578 Carb:91 Na:983</p>
<p>5 Mac & Cheese Stewed Tomatoes Whole Wheat Bread Jello w/Topping</p> <p>Cal:564 Carb:70/69 Na:804</p>	<p>6 Shepherd's Pie Steamed Peas Mashed Potato Topping 12 Grain Bread Peach Crisp</p> <p>Cal:730 Carb:86 Na:643</p>	<p>7 BBQ Pulled Pork Celery Salad Baked Potato Hamburger Bun Fresh Fruit</p> <p>Cal:771 Carb:92 Na:819</p>	<p>8 Potato Pollock Filet Tartar Sauce Coleslaw Steamed Corn Oatnut Bread Cookies</p> <p>Cal:761 Carb:92 Na:868</p>	<p>9 Rosé Chicken Parslied Carrots Penne Pasta Whole Wheat Bread Chilled Pineapple</p> <p>Cal:557 Carb:80 Na:926</p>
<p>12 American Chop Suey Brussels Sprouts Wheat Roll Mixed Fruit</p> <p>Cal:651 Carb:89 Na:577</p>	<p>13 <u>Cold Plate</u> Ham & Swiss Citrus Carrot Salad English Pea Salad Hamburger Bun Mustard Fresh Fruit</p> <p>Cal:695 Carb:82 Na:1000</p>	<p>14 Mediterranean Turkey Tomato Cucumber Salad Couscous Whole Wheat Bread Warmed Applesauce</p> <p>Cal:676 Carb:91 Na:745</p>	<p>15 Jamaican Jerk Chicken Collard Greens Coconut Rice Oatnut Bread Cookies</p> <p>Cal:901 Carb:116 Na:1197</p>	<p>16 Pasta Priavera Orange Juice Tossed Salad w/Italian Garlic Bread Jello w/Topping</p> <p>Cal:929 Carb:118/103 Na:847</p>
<p>19 Meatloaf w/Mushroom Gravy Steamed Peas Mashed Potatoes Whole Wheat Bread Cookie</p> <p>Cal:639 Carb:77 Na:791</p>	<p>20 Creamy Chicken Pesto Pasta* Tomato Onion Salad Garlic Toast Chilled Pineapple</p> <p>Cal:812 Carb:82 Na:1168</p>	<p>21 <u>Cold Plate</u> Tuna Salad Tossed Salad w/Ranch Marinated Cucumber Salad 1/2 Whole Wheat Pita Fresh Fruit</p> <p>Cal:650 Carb:65 Na:828</p>	<p>22 Braised Pork* California Blend Veg Yellow Rice and Beans Multigrain Bread Chilled Applesauce</p> <p>Cal:862 Carb:107 Na:989</p>	<p>23 <u>Birthday Meal/</u> <u>High Sodium Day</u> Chicken Cordon Bleu Herbed Green Beans Roasted Red Potatoes Dinner Roll Birthday Cake</p> <p>Cal:936 Carb:116 Na:1302</p>
<p>26 Cheese Lasagna w/Meat Sauce Greens Beans Oatnut Bread Chilled Pineapple</p> <p>Cal:745 Carb:98 Na:950</p>	<p>27 Lemon Chicken Parslied Carrots Roasted Red Potatoes Whole Wheat Bread Chilled Apples</p> <p>Cal: 635 Carb:81/67 Na:575</p>	<p>28 Pot Roast w/Gravy Tossed Salad w/Italian Mashed Sweet Potatoes Whole Wheat Bread Brownie</p> <p>Cal:945 Carb:103/75 Na:817</p>	<p>29 Turkey Sloppy Joe Potato Salad Sweet & Sour Coleslaw Hamburger Bun Jello w/Topping</p> <p>Cal:792 Carb:71/69 Na:946</p>	<p>30 Butter Crumb Fish Steamed Broccoli Lemon Rice Whole Wheat Bread Tartar Sauce Fresh Fruit</p> <p>Cal:608 Carb:75 Na:747</p>



August Pop Up Boutique

It's Time to Shop!



Whether you want to get an early start with your holiday shopping, or you're just looking for a bargain, you can shop the whole month of August right here, at the Hampden Senior Center!

Boutique Hours:

Monday, Tuesday, Wednesday & Friday, 10:00 am to 2:00 pm
Thursday, 9:00 am to 12:00 pm

SAVE THE DATE:

Friends of Hampden Senior Citizens Tag Sale Saturday, September 7th from 9:00 am to 12 noon.
All proceeds for sale will benefit the Hampden Senior Center Building Expansion Fund.

We are still accepting donations of new and gently used clothing & accessories, jewelry, shoes, home décor, household items, books, and puzzles. *Due to space constraints, we are unable to accept large items. If you have any questions, please call the Senior Center first, before bringing your items in.*
Thank you to those that donated to this amazing sale, we appreciate your support.



Friends of Hampden Senior Citizens Hartsprings Fundraiser

Your donation helps kids succeed through Big Brothers Big Sisters youth mentoring programs, but it also helps to fund all the amazing programs at the Hampden Senior Center!

Items accepted in the Purple Bin outside the Senior Center:

- All cloth items, • Clothing (all sizes, styles, ages, and genders), • Bedding and Draperies (**NO BED PILLOWS**), • Shoes
- Small Appliances, • Electronics, • Kitchenware, • Household Goods • Sporting Goods, • Toys,
- Books (**NO Encyclopedias, Textbooks, or Library Books**)

During normal business hours (M-F, 9-3) if you drop items off and the bin is full, please stop in and let a staff member know.

PLEASE DO NOT LEAVE ITEMS OUTSIDE OF THE BIN. Thank you!

Only use tall kitchen size garbage bags or smaller for your donations to fit in the bin. If the bin is full, please bring your donations to our front office and we will make arrangements to have your items picked up.

FRIENDS OF HAMPDEN SENIOR CITIZENS 2024 ANNUAL MEMBERSHIP DUES & DONATION FORM

Use this form to **JOIN THE FRIENDS, PAY ANNUAL DUES, OR MAKE A DONATION!** The Friends is a non-profit organization established to assist in the funding of programs and activities to promote the dignity and well being of Hampden Seniors. All "FRIENDS" are volunteers, including the directors. Membership is open to persons of any age from any location. If you desire to become a member, wish to renew your membership, or make a donation please complete this form.

Please make checks payable to "FRIENDS OF HAMPDEN SENIOR CITIZENS" and mail to:
Friends of Hampden Senior Citizens, Inc., 104 Allen Street, Hampden, MA 01036 or drop off at the Senior Center.



Please check this box if you are paying your annual **FRIENDS OF HAMPDEN SENIOR CITIZENS 2024** membership dues of \$5.00. *Membership Dues payments are not tax deductible and will not be acknowledged with a receipt of payment.

Donation From: _____ Address: _____ Donation Amount: \$ _____

In Honor Of: _____ In Memory Of: _____

Send acknowledgement to: _____ Address: _____

Use donation for: Memory Café _____ Food Pantry _____ Emergency Fuel Fund _____ Programs & Activities _____

General Needs _____ Building Fund _____ Other (Specify) _____

_____ Please check here if you would like a donation receipt for your taxes and provide your email address (if applicable).

Email: _____

We appreciate your support!



Common Threads Led by Joan Tompkins, PhD

If you ever feel lonely, and you would like to share your thoughts and feelings with others, please join our Common Threads group. Socializing with others is one of the best ways to stay active, stay healthy, and ward off depression, sadness, and other health issues both mental and physical. This is an interactive group to connect and help each other.

Some of the topics we discuss are:

- ◆ Feeling lonely versus loneliness
- ◆ Finding purpose for our life as Seniors
- ◆ Grief/Mourning and needs specific to the elderly

Mondays from 1:00—2:00 pm

There is no charge to join this group. All are welcome. Please call 566-5588 to reserve your seat.

The Scantic River Artisans present:

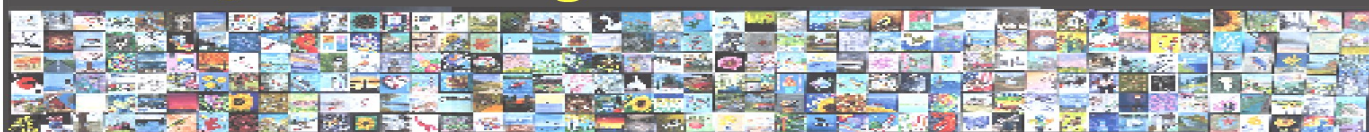
fall into ART SHOW

Thornton Burgess School • 85 Wilbraham Rd. • Wilbraham, MA

Sept 13, Friday (3–7 PM)

Sept 14, Saturday (11–3 PM) • Reception (12 – 2 PM)

Featuring: The New England Mosaic - 24' Wall of ART



The New England Mosaic is a 24 foot fine art wall made up of 264 individual canvas "tiles" painted by over 200 area artists that capture the beauty and diversity of New England life. The tiles will be for sale and the proceeds will fund scholarships for area art students.

www.scanticriverartisans.com • Email: info@scanticriverartisans.com

ScanticRiver
ARTISANS

We invite you to experience, explore and purchase the diverse art on display.

Save these dates:

Friday, September 13th at 12:30 pm

Beekeeper Sue Kendrick will be here to talk about beekeeping, honey and more!



Thursday, September 19th at 12:00 noon

Grandparents Luncheon followed by BINGO with BOOMER and the Springfield Thunderbirds



Events to benefit the Alzheimer's Association

Tuesday, August 27th at 6:00PM at the Longmeadow Adult Center, Evening Concert with Richie Mitnick & Peter Annone. \$5.00 per person. Please call 413-565-4150 to sign up.

Saturday, September 14th from 9AM-2PM Pleasant View Senior Center Trunk Sale Fundraiser

Rain Date: Sunday, September 15th, 328 North Main Street, East Longmeadow. Come shop or set up a trunk with your household items for sale! For those that would like to sell items, parking spots are \$25 each per vendor or 2 spaces next to each other for \$40 per vendor. You keep your earnings! If you are interested in being a vendor, please contact Linda at 413-627-8509.

Saturday, September 21st from 9AM-4PM Open Play Pickleball at the Longmeadow Adult Center; Cost \$10.00 per person/ 60 minute slot. Please call 413-565-4150 to sign up after August 1st.

Sunday, October 20th at 9AM, Walk to End Alzheimer's, Holyoke Community College, 303 Homestead Avenue, Holyoke, MA. Register online at act.alz.org and click on Find a Walk Near You, click on Find a Team and enter Tri Town. Select Tri Town Team, follow the instructions to register. Or, call the Hampden Senior Center at 566-5588 and we can help you register. All funds raised through Walk to End Alzheimer's further the care, support and research efforts of the Alzheimer's Association. The Alzheimer's Association is a nonprofit 501(c)3 organization. All donations are tax-deductible as allowed.

Evening Programs in September

**IT'S
A GREAT
TIME TO
DECLUTTER
YOUR LIFE**

TIPS ON HOW TO GET STARTED

Trees Downsize in Autumn... YOU CAN TOO!!

Come and learn how to live an organized life that doesn't involve constant maintenance with special guest:

Bonnie Borromeo Tomlinson

on Tuesday, September 10th, 6:00 pm to 7:30 pm

Bonnie is the author of:

**STOP BUYING BINS & other blunt but practical advice from a home organizer
STOP PUSHING PERFECTION & just create a home you can actually keep neat**

This program is *FREE*. Books will be available to purchase at no obligation.

Enjoy a glass of wine and light refreshments while you're here. Please call 566-5588 to reserve your seat.

Space is limited.

Sponsored by Friends of Hampden Senior Citizens.



Intro Class for "African Drumming" with Jason

Don't miss out on this amazing opportunity to be part of something new and invigorating, discovering great benefits for the body and soul!

Tuesday, September 17th, 6:00 pm to 7:00 pm

This introductory class is *FREE*. Please call 566-5588 to reserve your spot.

We have a limited number of drums. Preference will be given to new students on a first come, first serve basis for the use of a drum. All are welcome to observe. If you have a drum, please feel free to bring your own, but still call to reserve your spot. Space is limited.

Sponsored by Friends of Hampden Senior Citizens



Ready to start feeling better? Needing a clearer mind and body? Come and join us for a

Crystal Bowl Sound Healing Meditation, led by Chantal.

Tuesday, September 24th, 6:00 pm to 7:30 pm

Past and recent participants stated they experienced:

- ◆ Increased energy and overall sense of relaxation
 - ◆ Release of pain and tension
 - ◆ Increased focus and ability to concentrate
 - ◆ Deep sleep and feeling well-rested upon rising
 - ◆ And much, much more!
- No prior knowledge of meditation is needed! Just sit or lay down, enjoy and R-E-L-A-X!
Chantal is co-owner and manager of Nirvana Spa and Wellness in Somers, Connecticut.

You will need to bring a yoga mat or zero-gravity chair if you have one, a pillow, blanket, and water bottle.

The cost of this program is \$10 per person. Please call 566-5588 to reserve your spot. Space is limited.



All Levels Yoga with Lisa Zizza

5-week session

Thursdays, 6:00 pm to 7:00 pm

Beginning September 19th through October 24th

Please bring a yoga mat, and water bottle.

Dress comfortably and stay hydrated!

Cost is \$25 paid in full for the 5-week session and receive one free class, or \$6 per class - call ahead for availability. Please call 566-5588 to reserve your spot. Space is limited.



Basic Beginner Drawing

with Joyce Belliveau

3-week session

Thursdays, 6:00 pm to 7:00 pm

Beginning September 26th through October 10th

Come and discover your inner artistic abilities.

All supplies will be provided. Bring yourself and enjoy!

Cost is \$20 paid in full for the 3-week session. Please call 566-5588 to reserve your spot. Space is limited.